

RADICAL PSYCHOLOGICAL PSYCHOANALYSIS

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COMPOSITION

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SUBJECT

Radical Phenomenological Psychoanalysis of Lived Experience

Radical Phenomenological Psychoanalysis

Volume Seven

Section One : 19 November - 26 November

VOLUME SEVEN

(volume six reserved for song/poetry)

To record the verbalisation of

The situation of spiritual oppression

Domestic possession and houses of detention

Higher now they want our attention

They think we may be in need of correction

RPP
7

19 November - 24 January 2007
2006

gort busted & suspended

Higher Powers must think we're surrendered

but I'm cut off from the Net just fear me

I don't want an occupation

I just have to be me

Radical Phenomenological Psychoanalysis

Volume Seven

Section One : 19 November - 26 November

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Rise from slumber for a brief interlude
To record the verbalized sensations

The intuitions of spiritual insurrection

Demonic possession and houses of detention

Heads up, now they want our attention

They just wanna mention the election

Don't want you nappin,

They think we may be in need of correction

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gontbusters suspended

Higher Powers must think we've surrendered

But being cut off from the Net just frees me

I don't want an occupation

I just have to be me

§

NOTES ON SELF-DECEPTION (from Mario F. Heilmann)
UCLA

"I have begun to listen to the teachings my blood whispers to me. My story is not a pleasant one; it is neither sweet nor harmonious as invented stories are; it has the taste of nonsense and chaos, of madness and dreams like the lives of all men who stop deceiving themselves." - Hesse

Perception is not reality. When we recognize that some of our perceptions are incorrect, we experience INSIGHT. This may result in pleasure from the intrinsic delight often accompanying authentic learning. Conversely, anxiety and fear may result from the realization that many of our beliefs may be false as well. Nothing that is so, is so.

We are continuously flooded with information that could challenge our self-image. In an effort to avoid damaging this self-image, we often deceive ourselves. We require a Phenomenology of Self-deception.

Two literary characters that can help me attempt a phenomenology of self-deception are Camus's Jean-Baptiste (THE FALL) and Vonnegut's Howard Campbell (MOTHER NIGHT).

The cosmic dam through which consciousness flows... everything we experience as BEING-IN-THE-WORLD has to be processed by our NERVOUS systems. Only a small percentage of our sensory perceptions enter conscious awareness. The rest resides below the threshold of consciousness. Should information threaten our self-image, such information may be barred from conscious awareness by cognitive censors.

The censors filter out information likely to provoke pain or anxiety, while allowing non-threatening information to flow. This is ~~the~~ lacuna - a perceptual gap or cognitive omission. Each lacuna

prevents an accurate perception of reality. Because we are seldom aware of the lacuna, we believe our cognitions are accurate.

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NOTES ON SELF-DECEPTION (from Maria F. Heston)
We believe our perceptions equal reality.
We believe ^{that} ~~A~~ THAT WHICH IS SO, IS SO.

Jean-Paul Sartre termed self-deception "bad faith."

I want to be "free to get high or go to the liquor store." Am I free NOT to get high? Am I free NOT to go to the liquor store? Sure. Why do counselors tell us we are not free NOT to?

When a slave's awareness of punishment for pursuing freedom causes him/her to bury the realization of his/her enslavement, he/she exists with bad faith - such as "work is dignity" or "work shall set you free."

BAD FAITH is a lie to oneself.

Deference to the status quo is an act of believing the lie... bad faith.

Lying is different than just being in error. Sartre directly criticizes Freud's model, especially the concept of the censor.

" Thus, psychoanalysis substitutes for the notion of bad faith, the idea of a lie without a liar. it allows me to understand how it is possible for me to be lied to without lying to myself since it places me in the same relation to myself that the Other is in respect to me. "

To deceive ourselves, we must pre-reflectively be aware that we are acting in bad faith.

Placing the source of "bad faith" in a "location" of the mind that cannot be easily accessed (like the Freudian ~~set~~ unconscious or Trimpex's ADDICTIVE VOICE or Schopenhauer's WILL-TO-LIVE or AA's "disease") renders the project of AUTHENTICITY virtually impossible.

How can one KNOW something, and, at the same time, NOT KNOW it?

In a manner similar to cognitive dissonance, anxiety is avoided by "NOT NOTICING".

the very thing that threatens ones identity.

The crucial step in "bad faith" is rooted in a failure of attention: we do not notice and then fail to notice that we didn't notice. Part of our psyche shields another part from awareness.

One is not destined to a life of denial and deception. To the contrary, one may choose the careful, painstaking path of avowing ones engagement with the world. But avowing our engagements with the world entails making our motivations apparent, motivations (often subconscious) which can/battle us.

The self-deceiving individual [the govt] refuses to consider the possibility of self-deception. What motivates us to forget?

In Albert Camus's The Fall, Bapstiste's desire to engage in destructive and antisocial behavior

is set against his ability to forget these impulses.
"MOTIVATED FORGETTING" contributes to his
positive self-image.

Can laughter also contribute to self-deception?
Laughter may help to close the gap between
the disparity of what he believes and how
he presents himself. Camus's Jean-Baptiste
laughs to avoid the pain of incongruity.

Playing a role, or as Erich Fromm would put
it, "escaping from freedom," allowed
Jean-Baptiste to avoid responsibility.

[Does playing the role of alcoholic, drug
addict, or mental patient also allow one
to avoid responsibility?]]

By ^{purposely} ~~continuously~~ forgetting aspects of ourselves,
we continue to play a role.

Note: People hasten to judge in order not to be
judged themselves.

In Mother Night, Vonnegut's characterization of Howard Campbell illustrates a classic account of self-deception.

"We are what we pretend to be, so we must be careful about what we pretend to be."
- Vonnegut

By imagining that S is experiencing intrusive thoughts about me, I protect myself from the pain of my frustrated unfulfilled desires.

Human society is a network of lies and deception. There is a "collective illusion that our society is free, moral, and just."

Humans not only deceive, but also deceive themselves and others about the fact that they deceive, into believing that they do NOT deceive. This double deception tends to evade detection even by psychologists.

Tinbergen (1963) distinguishes between proximate explanations (HOW physiology or behavior work) and ultimate explanations (WHY they work this way). Even if every single cognitive process and every single neuron connection were known, the question remains, why the organism is the way it is.

Ultimate explanations have been the domain of religions and myths. Evolutionary Theory is a scientific theory that also proposes ultimate explanations.

Evolutionary theory predicts the inherent selfishness of the individual organism. Therefore, communication may not have developed to inform others of truth, if such a truth gives the recipient an advantage at the expense of the sender.

Cronk (1991) suggests to "follow the example of animal behavior studies in seeing communication more as a means ~~off~~ to manipulate others than as

a means to inform them."

Most communication serves for the purpose of social influence (change in people's beliefs, attitudes, behavior, or emotion).

Evolution produced deceptive mechanisms.

Of course, evolution also favored the capacity to detect deception. Do we deceive about the fact that we are deceiving?

People seek the rewards of a good reputation.

If we believe our own lies, it is much more difficult to be caught, because we are not making conscious efforts to lie.

Jokes which induce laughter by alluding to taboos seem to tap into the secret lies we tell ourselves.

People low on self-deception ~~may be~~ ^{are} at such a disadvantage in social life that this increases their anxiety levels.

* A disturbing insight: if pharmaceuticals like antipsychotic Risperdal interfere with synaptic communication of nerve endings in my brain, then isn't this a form of socially enforced SELF-DECEPTION on the most rudimentary, primitive, ~~low~~ and fundamental level of OUR BEING-IN-THE-WORLD?

Low self-deception levels may be a part of psychopathological personality types. patterns.

ON "Expert and informational power of medical doctors"

Expert power involves following the person who knows best, informational power involves doing what is best for us after analysis of the facts.

If the information is not perceived as given with manipulative intent (which, alas, is always suspected), compliance can be explained by the target's SELFISH INTEREST TO ACT OPTIMALLY, by doing what he/she sees to be correct.

Raven (1992) deplures the ineffectiveness of medical expert and informational power.

People behave in unhealthy ways in spite of better knowledge.

One reason for this is the fact that evolution made us choose fitness-enhancing behavior not as a result of logical analysis but due to PLEASURE and AVERSION.

[I am having deep insights. Does the Risperdal interfere with how ~~I~~ my organism processes these insights?]

∴ It is difficult for us to override our liking of sweets with logical nutritional information, and to overcome our aversion to restraint with information about the life-saving features of safety belts.

[or our liking of sex with ^{LOGICAL} information about STD's, or our enjoyment of intoxication with logical information about alcohol abuse, crack cocaine, or heroine (the cycles of pain and depletion of pleasure-producing chemicals in our brains) -]

The evolutionary precedent of selfishness and "everyone for himself/herself" pollutes even academic research.

The evolutionary hypothesis does not merely suggest that our genetic hard-wiring predisposes us to such behavior. Our life-world environment is of the same nature as it has been in the past: individual organisms use all available methods to pursue goals to their individual advantage.

∴ Strategies based on the survival of the selfish individual, and tested over billions of years of evolution, are still the most successful ones, even if those strategies are not transmitted genetically.

["servers" serve so as to get larger helpings.
SELF-deception → "servers" serve to help the "community"]

Note: So much knowledge and radical honesty and detection of self-deception [in self and in others] seems to be a disadvantage in a society which rewards self-deception -
~~and pro~~

In nature, only closely related individuals, like ants ~~and~~ bees, display totally unselfish behavior.

So why do people tend NOT to follow a doctor's orders? Patients are predisposed to distrust the doctor, maybe they even meet him/her with more distrust than he/she deserves.

[This is true, by extension, of "experts" and "professionals" as well]

Mistrust is not totally UNjustified!

Selfishness lurks and finds its way into every nook and cranie.

Raven (1986) suggests that "health professionals tended to discourage the use of informational influence in relating to patients, since it was looked upon as a threat to the medical profession... Indeed, the patient may become more SELF-SUFFICIENT and less DEPENDENT upon the practitioners."

[This extends to support groups, churches, etc ---]

Professional "ethics" tend to defend the professional's private interests against the client's.

It is intriguing that medical science (psychiatry included) insists that today's "state of the art" is the TRUTH, and that the patients should trust it. This occurs in spite of the fact, that, historically, a very large percentage of one decade's scientific "truths" turned out to be the next decade's laughing stock.

Modesty and excessive realism were not advantageous in prehistoric times.

Neither are they today.

Selfconfidence is impressive, even when it is false. Confidence is not competence.

This phenomenon of deception (self-deception, false confidence, HUBRIS, arrogance) is especially dangerous in court proceedings, as the jury may well accept the opinion of an expert who expresses confidence over the opinion of an opposing expert who expresses appropriate caution.

Hence, overconfidence is advantageous for status and "success," and therefore for reproductive success.

* As predicted, this type of deception becomes AUTOMATIC (no reflective contemplation) and the influencing agent himself/herself becomes more credible (by society) by believing in his/her false confidence.

Expert-Power's credibility is enhanced by the expert's deceptively secure attitude and self-deception.

Of course, overconfidence backfires when it is exposed. However, the danger of detection is minimal. High probability of being exposed (such as being in the presence of someone such as myself, "Mike Hentrich") decreases overconfidence. If the target were not a patient/client but a professor examining the doctor's knowledge for continuing education credit, there will be greatly reduced overconfidence.

[Maybe the over-medicated glaze in the eyes of some clients grant "experts" much space for overconfidence, but when confronted with a more focused intellect, their hubris is put in check.]

An extraordinary amount of energy is devoted to impression management, the effort to establish credibility. Impression management is one full-time job. The other full-time job in life serves to acquire the finances needed to buy the paraphanelia (like designer clothes, car, schools, condo) to impress with. (to establish "credibility")

Can we change if we become aware of our unawareness?

Can we stop deceiving ourselves and others about the fact that we are deceiving?

Change would require that true and ruthless honesty be socially acceptable, and attempts at deceiving be stigmatized.

If true honesty and awareness PAY, if true honesty and awareness increase inclusive fitness, our evolutionary fitness-maximizing instincts will embrace true honesty and awareness.

X

Notes taken between 3AM and 8:40AM, Monday, 20 Nov, prior to getting on CPC/ACC van for a day at "outpatient mental health TREATMENT CENTER".
I increased Risperdal to 2 mg as of today from 1.5 mg. Mind still sharp. Still resisting role as mental patient. Still psychoanalyst. [RADICAL]



Because today is the day of the Thanksgiving Dinner at the Trinity Church in Red Bank, New Jersey, I will be walking to ACC/CPC today. Why do I write this? I want to account for this second burst of NOTE TAKING. I am not merely up from 3 to 8 writing. Today I am writing from 3 to 10. I will leave by 10:15 AM so as to get to BBVideo in time to return/exchange. I will pick out a second DVD suitable for Mom, Dad, Jay, and I to view on TG.

I am considering ONE FLEW OVER THE CUCKOO'S NEST as the same Native American actor who plays the role of Ten Bears in THE OUTLAW JOSEY WALES plays the role of "Chief" in CUCKOO'S NEST.



LUCID DREAMING TECHNIQUES:

1. Master Dream Recall: The main barrier to realizing when one is dreaming is that our waking and dreaming minds are not connected nearly as much as they could be with simple intention, practice, and focus. Making a consistent effort to remember dreams will help the waking mind to ally itself more closely

with the dreaming awareness and also will allow you to become more familiar with your personal dream content. - characters, settings, feelings, or sensations, that seem odd (though only after you awaken), because they're after not a usual part of your waking experience.

To increase dream recall, as you go to bed, clearly ask yourself to remember your dreams when you awaken. When you do awaken (in the morning or during the night), close your eyes and remain as motionless as possible.

Gather as many images, feelings, or impressions as you can, and then rise and quickly jot them in a notebook (such as RPP), no matter how brief or vague they may seem at first. You may remember more as you write.

* Remember, dreaming and intuition are closely related.

LUCID DREAMING TECHNIQUES (continued):

2. Arise during the night: Research has proven that morning naps after a period of wakefulness are extremely productive times for lucid dreaming.
 - Wake 3 hours early [4AM], stay awake for 30 to 90 minutes, then go back to sleep. To wake up at 4AM, take a walk outdoors (put on those Carharts in cold seasons), or - if with a female, make love ... if alone, masturbate, and especially MEDITATION (vipassana technique). Ideally, to wake up, practice anything that brings or maintains PRESENCE OF MIND.
3. AUTOSUGGESTION: "The next time I'm dreaming, I want to remember that I'm dreaming."
4. STAY PRESENT AS YOU DRIFT ASLEEP:
Focus upon your breath and simply observe any thoughts that arise, without getting caught by them. Continue to RE-FOCUS on your breathing.
5. PREMEDITATE ABOUT LUCID DREAMING: Realizing you are lucid dreaming can be exciting enough to awaken you, so plan on FLYING or meeting with a female or whatever - to do in next lucid dream.

6. PERFORM REALITY CHECKS AS A HABIT:

Ask yourself, during the day, as often as you can,
"Am I dreaming this?"

This habit will carry over into the dream state.
Read text, look away, and see if it has changed
when you look at the same text again.

7. KEEP YOUR LIFE IN BALANCE:

The subtle energies, ideology, and realizations
connected with lucid dreams and related
experiences are very powerful and often of profound
waking influence, at least psychologically.

Eat and sleep well, and maintain social connections.

Go for extended walks outdoors.

Massage your body.

Focus on daily tasks to take a reprieve from
dreams and inner life for a while.

8. DREAM RECALL TECHNIQUES:

Motivation → Making a consistent effort to
remember and record dreams is an excellent way to
increase imagination, creative and intuitive

capabilities which are intimately connected with dreams.

→ it is extremely valuable to remember & record dreams.

→ Dream recall is an inherent natural human trait.

→ Before going to sleep, reread dreams from previous night(s). This allows the unconscious dream memory to connect with CONSCIOUSNESS. It also

is an opportunity to interpret dreams and note connections to the days events. Then, humbly request the mind to remember dreams, to be aware that egocore [ICHKERN] is dreaming, and to be able to fly (or other infinite ways to engage with "reality" while sleeping/dreaming, free from constraints of physicality).

→ Try not to use an alarm clock - or wake up before the alarm clock goes off. Alarms can inhibit dream recall.

→ Waking for an hour during the night gives the waking and dreaming STATES of MIND more opportunity to overlap, hence triggering more dream recall.

→ Consecutive nights of lucid dreaming can have an addictive effect. * recall film, "The Jacket".

→ There is a parallel universe. Phenomenology shows us that our "life-world" is a construct intended by our mental apparatus to APPROXIMATE REALITY. This applies to all DIMENSIONS!

Radical Phenomenological Psychoanalysis

Volume Seven

Section Two: 26 November - 15 December 2006

P₇₂

deity
ance

2006.11.26

Some notes from D65 (from January 2002):

"The pain of disadvantaged status interpreted and amplified by the brain may, can, and does yield extreme displeasure. It can animate the most dangerous behavior in the world."

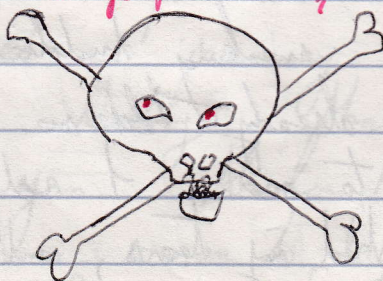
Here's an interesting statement from 22 January, 2002:

"I have to admit that I am discouraged. I feel like a farce. The job market sucks. Competition is stiff. I am going to end up committing suicide before the next diary is full."

There are some tremendous revelations in these diaries. On the 23rd (Jan 2002):

"I don't seem to love what I do. I'm afraid all this is not going to work out. Suicide is as much a possibility for 2003 as it was in 1996."

Diary of a Madman



8

Getting out of the day program was as simple as I telling Dr. Marcus that I no longer wanted to participate. Now I guess it might be up to Abdul to see how this will go down. Will I report one last day?

Q When I went up to tell Abdul that he needs to contact Dr. Marcus, I didn't want to interrupt him so I waited in the hall. That got his attention. He was like, "Hey! Where are you going? Get in here. You belong in this room. Sit down."

I wanted to laugh in his face. What a bully! What a control freak. He thinks I am sentenced to have to endure his oppressive personality... I told him, "just contact Dr. Marcus. I'm removing myself from the day program." Seeing Abdul in action lets me see what a good decision I made. I have no doubts.

I'm not subjecting myself to the psychological abuse! I'm not going to be shuffled into a van, transported to a monkey house, and then treated like a child all day. I just had to confront the psychiatrist, and the process will begin. I'm not sure if I'll even have to return. Why would they want me there, at this point? I wouldn't it be risky? I mean, I could infect others with my attitude.

I am so glad I no longer will have to sit there and hear these assholes push AA mumbo jumbo. Basket cases - not so much the clients, but the staff. Dr. Marcus is an incredibly sexy woman. I told her that mentally I want to just die, but that my physical body has an iron will to survive. I told her I don't mind being useless. She said I don't HAVE to. I have goals, and that I am content just TO BE, then I ought to be enjoying being.

8 2006.12.02

Just as I gained tremendous insight into my
[lack of] relation to S during the
drive to Freehold, while reading Salman Rushdie's
The Satanic Verses, more insights flooded my
stream of consciousness.

S is a Queen who would not "lower
herself" to seek sexual relief from a
pale face in a thousand years; and yet I
still swoon over her.

This passage tells me something:

"On screen, he played the fall guy, the idiot
who loves the beauty and can't see that
she wouldn't go for him in a thousand
years, the funny uncle, the poor relation,
the village idiot, the servant,
the incompetent crook, none of
them the type of part that ever rates
a love scene."

The messages keep coming, giving me a feeling that radical phenomenological psychoanalysis is far beyond mere psychobabble, and more likely quite a mystical book by a sage. And the sage is no saint, but a fully alive male with blood in his cock when in the presence of female sexuality. Earth.

"To get his mind off the subject of love and desire, he studied, becoming an omnivorous autodidact." (p. 24)

"In his dreams he was tormented by women of unbearable sweetness and beauty, so he preferred to stay awake and force himself to rehearse some part of his general knowledge in order to blot out the tragic feeling of being endowed with a larger-than-usual capacity for love, without a single person on earth to offer it to."

THE SATANIC VERSES, which I purchased in 1989, nearly 18 years ago, finally speaks to me.

I will not allow Abdur to bully me.

If I am to terminate my involvement with the day program, I do so to liberate my mind from that SHIP of FOOLS! In isolation I thrive.

I don't want to be a victim of the CPC machinery, which appears to be run by power-mad control freaks who can't stand to see a free-spirit tell them and their mumbo-jumbo spewing staff to "go to Hell."

I can really sense that this "counselor" Abdur enjoyed having me under his authority, and he wants to use his influence to "fuck with me". He really can't stand to see me "living as I please" without consequences.

He's in for a surprise. I have made up my mind. I am tired of having my time WASTED. It's my life. I won't validate what they're doing as therapy.

I will prepare my mind for a battle with Abdur, but he is not going to intimidate me. I am testing the boundaries. I chose to try the day program as a way to get away from "intruders", but I find the AA mumbo jumbo to be insulting, oppressive, and harmful to my sense of well-being.

Abdur doesn't know who he is up against. My demons will be ready for battle on Monday. I'm going over Abdur's head, and if I have to, I'll seek legal protection about coercion into "treatment."

At this point, I'll just tell Abdur, "Look, don't piss down my back and tell me it's raining. You are what is known as a true believer. My mere existence threatens your authority and your livelihood. I don't need what you 'do'."

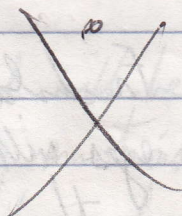
8

From NATURE'S END: "The world is driving me mad,
it is so jammed with pointless, aimless people.
Why should the whole planet be destroyed so just so
these idiotic lives can be lived out?"

Dr Singh → "I have never known what it is to be
loved. Never in my life has a young woman,
beautiful and bright, shown a passionate desire
for me."

"Most people are wretchedly shallow. Women
turned away from me because of my
personality, my rather dramatically great
intelligence, put them off."

"I frightened them, and I have had a life
of loneliness as a result. Now I have
my mission, and so I am not so lonely."



Taking some notes from material I have posted
on the Internet seems to be a form of
communication with deeper aspects of my soul.
My research is more important to me
than my "stability" (as defined by gorts).

Of course ~~x~~ Gortbuster Warriors would be
categorically UNSTABLE PHENOMENA
~~to~~ in an environment controlled by
gorts.

phenomenology - the study of
things as we ~~experience~~ spontaneously
experience them, prior to all
conceptualizations and definitions

We can use phenomenology to better explain
and understand how civilization has
taken us away from our true place on
Earth.

My obsession with
phenomenology is a powerful energy
that invigorates my imagination.
This also has the advantage of helping

8
I process my interactions/relations in the environment (my LIFE WORLD).

I wonder if (it) will play a role in my strategy to
break off of my research in phenomenology
alcohol dependence.

My goal is to remember, to reconnect,
to break free of the abstract
moral and intellectual inhibitors of
our culture and regain how to be
part of the Earth.

2006.12
2003.4
3 5
BEING without a personal motor vehicle
for three and a half years has
pushed me closer to my roots
as a biped. I have a raw
understanding of distance.

My senses interact with the local
non-human and human lifeworld.

My small frame becomes an advantage.
I have a choice. I can become
~~a cat~~ more like the ancestors.

2006.12.15

As depressed as I feel, I do not want to
imbibe alcohol. I really want to fight
for my mind and advocate for myself.
I may even advocate for the
masses of poor in this nation.

I feel very emotional right now. Tired. Cranky.

§

An email from my nephew 12/15 :

"You tell me that your life will most likely
end in suicide. I trust that you've
made some kind of commitment to this
and it would be hard for me to convince
you to stick around any longer than you
can bare.

"I just want to let you know that I love
you and do not take your influence on
my life for granted. You've taught me
so much and we've shared
so many memories."

RADICAL PHENOMENOLOGICAL PSYCHOANALYSIS

VOLUME SEVEN

SECTION THREE: 15 December 2006 - 5 January 2007

$\begin{matrix} \nearrow \\ 7 \\ 3 \end{matrix}$

After sleeping only for not quite 4 hours, I awaken and grab yet another unread masterpiece from my personal library:

Fyodor Dostoevsky's "The Idiot"

How could I have missed this one?

The ~~no~~ central character (THE IDIOT) has suffered since childhood from some unspecified mental illness so that his every response comes from the heart rather than the head. The Idiot conveys bleak despair as Dostoevsky provides a harsh indictment of the real world and particularly the ruling class of his day. It is their supreme failure that a positively good man cannot survive in the world they have created.

There are some similarities between myself and Dostoevsky. Although I am no literary genius, I do have an acute psychological and philosophical insight into the depths of the human soul.

8

I awaken sensing that there may be trouble with my neighbors getting ready to campaign for my removal from the premises. They are tired of "my visitors" and the loud music. I suspect they may be looking into ways to have me "lose" section 8. They seem to be the type that will talk about me and conspire to have my file show up on some public officials' desk: "priority".

99
Hatred blinds people. My neighbors are blinded by hatred. They resent me because I don't hold down a job. They think I sit up here twiddling my thumbs. Even if I did, why is it their business? Well, my presence here disturbs the peace. I am a "madman" "possessed by demons".

7
This is material for some kind of book. Too bad I'm too "scattered" to focus on such a task. Everyone I meet eventually comes to regard me as annoying, obnoxious, disagreeable, loud, disorderly, out of control.

I am carrying Erich Fromm's "The Crisis of Psychoanalysis" - which is a very deep reading.

"Seeking shelter in conformity is very understandable in an age of anxiety and mass conformity; however, it does not constitute progress in psychoanalytic theory, but retreat. In fact, it deprives psychoanalysis of the vitality that once made it such an influential factor in contemporary culture."

§

I am a politically radical philosopher of the 21st century. Call me what you will, but I can't deny the phenomena that are my thoughts. I write in order to explore what is within, for it is ~~who~~ that which is within each creature that entails experience - the so-called phenomenal "life-world." I have done my "homework", dear sirs! I'm starving in order to advance psychoanalysis. Phenomenology can save psychoanalysis from itself.

9

About 24 hours after sustaining a head injury which fractured/shattered the face bone plate under my left eye, I am writing.

Although I was told that Roo (James) is the one who chipped me up, I sense that perhaps C, Ty, and Roo — as well as the females, D and C, were in on the "beat down".

Now I have yet another "hospitalization" for CPC/Homeward Bound to judge me as being unstable — when the reality is unstable phenomena are drawn to me!

While I can more easily justify not allowing people to hang out and drink, I am more concerned that my freedoms will be curtailed as this is the second hospitalization in 6 months. I had to be sedated.

§

(2000 pages and - 7007797)

There is this idea of a silent diary, an unwritten diary one keeps in one's mind. I'll have to experiment with that idea.

§

No more Risperdal. It makes me feel groggy and stinky. All day I find myself struggling in a frustrating fog. I refuse to take medication that makes me so groggy.

I will tell the Doctor (psychiatrist) that the Risperdal at 2.5 mg is just way too powerful, making me groggy and unable to defend myself.

Denial of dignity is violence.
The targets of psychiatric onslaught ~~is~~ are the poor. This is a class war waged against the poor.

I am being denied medical care because Medicare does not ~~not~~ cover ~~me~~ (Dr. Griffith).

58

Note about injuries: I am not supposed to "blow my nose" as this could get phlegm up into my brain where it shouldn't be; but I did blow my nose this morning and it was all blood. ~~RR~~ ~~RR~~

I'm so enthusiastic about being able to see again, to be able to write and read, that this serves as ~~gen~~ a genuine, authentic self-motivator for resisting the "patterns of behavior" (in thoughts which lead to action) which lead to alcoholic oblivion.

I hope this enthusiasm is enough to counter any attacks on my character that will be launched by so-called "authorities" at CPC Behavioral Health Care.

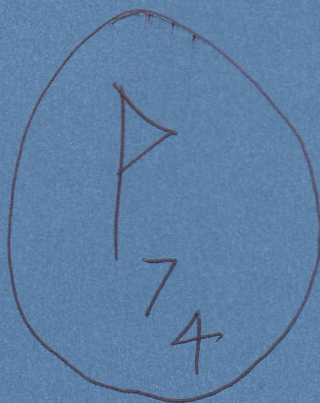
I have to - I want to - keep things in perspective. I have been struggling with unruly neighbors, it's true.

RADICAL PHENOMENOLOGICAL PSYCHOANALYSIS

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Fyodor Dostoevsky's The Idiot, in particular, is making me suspect an invisible dimension exists that communicates to me. Schopenhauer called it "The Holy Spirit". Herse called it "Abraxas". Some might call it "the ancestors."

There are parallels to my interactions and position in society as "bipolar" as Myshkin's ~~being~~ having had "fits", and the ironic ~~stance~~ term, idiot. Wow. Nothing that is so, is so.

At each paragraph it seems some new insight leaps off the pages, insight into some specific personal detail of my life. My obsession with ~~xx~~ Shalonda is like Myshkin's obsession with Nastasya Filippovna. There is strangeness and originality in our relationship. We seem bound to give each other great space in our relation. Perhaps it is spiritual & symbolic.

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After a somewhat depressing journey home to Matawan from Red Bank's COURT BASIE THEATER, where I watched my neices and others play 37 grand pianos, I filled my empty stomach with Chinese food with \$5.⁰⁰ (3 given to me by Mom, 2 from grandma).

I am so glad I did not "feed into" the loneliness that was starting to creep into me. I'm glad I got the food and not booze. Now I am drinking tea.

I feel calm, tranquil, serene.

I don't want to go OUT THERE. I don't even really want to bother with Malinda. I am in one of those funks where I don't want to go as long as I possibly can without seeing her.

Why? Because ~~those~~ ~~days~~ It's just the way it is. I've had it with the rejection. I've had enough hurt. I'll rot in peace.

8

DO NOT
I need publishers to tell me I am a "writer."
The ~~reality~~ phenomenon of "writing" I have
experienced / LIVED since I was young.

I used to write letters to my Great Grandmother.
No publisher is needed in order to validate
my ability to express myself.

Although ^{during} the trip back to Mataram ~~to~~ my mood
was quite sad and shameful, after I
ate food and drank tea and chain-smoked,
I began to reflect upon the significance of
the day's events in the social
fabric: Ashley and Janine Mimichini did
not go on stage until the "grand finale,"
the last 2 songs. While

for each of the previous 14 songs
many "students" played on many of
the 37 grand pianos, in the
songs my nieces played, only 3
students, my two 13 year-old nieces and
their 18 year old friend. The song
"Slavonic Dance Op. 46 No. 8 was intense.

§

Is it the nature of literature to seem to reach out and reveal significant insights? Dostoevsky's THE IDIOT has been doing this continuously. It really has reawakened my passion for reading.

On page 200, Rogozhin, the man who Nastasya Filippovna is to marry, tells Myshkin that Nastasya is in love with Myshkin.

"She ran away from you then, because she realized how much she loved you. It was too much for her to stay with you."

I can't help, while reading, daydream that maybe Shalunda does not "invite me to become most intimate with her" has its roots in her "not wanting to 'ruin my life.'" Maybe she is afraid that if sexually we were a disaster, my heart would break and I would end my life.

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I refrained from making a formal apology to Shalonda as I intuit she may need to cool down. Dostoevsky's words reach out at me: "When he knew all the truth, when he realized what a piteous creature that broken, insane woman was, wouldn't he forgive her all the past, all his agonies? Wouldn't he become her servant, her brother, her friend, her Providence? Compassion would teach even Rogozhin and awaken his mind. Compassion was the chief and perhaps only law of all human existence."

And I accept that my own drunkenness and stupidity was the cause of Shalonda's outbursts. I frustrated her. She became insane with anger. Money has a power, ... it comes between people, even such petty amounts.

I am not only ashamed of myself but also ashamed for her. I will no longer pursue her. She has set me free. Still, I have compassion for her.

§

Mental Isolation

"When somebody has nobody to turn to, nobody to confide in, and nobody to trust in, the complexity of life's problems can cause isolation within the mind. This mental isolation is dark and frightening and can lead the sufferer down dark and lonely roads."

~ John Alexander

§

I actually gain comfort from reading, writing, and probing the inner recesses of my mind. Experiences that are psychologically painful - I get relief from introspection. This obsession with contemplation and reflection may seem morbid, but it is actually a secret hidden blessing that I can return to again and again.

5

The compulsion I have to write, to blog, to post lengthy essays on politics and society, are forms of graphomania.

Hypergraphia means "the overwhelming desire to write." It's driven, compulsive writing, embodied by keeping huge journals, I feeling nervous when one is not writing, a desire so manic that the sight of a computer keyboard or a blank page can give the same rush that drug addicts get from seeing their prefaring paraphernalia.

Well known writers through the ages, though they may not have known the medical term, were epileptic, bipolar, depressed, or ill in a way that probably helped their writing, if not their lives.

Data showing that writers and poets are 40 times more likely to be manic-depressive than the general population leads FLAHERTY to

speculate that "the neurobiology of mood and the limbic drive to write may be more important than the purely cognitive skills taught in most writing courses."

In studying epilepsy Flaherty discerns that it has similarities to manic-depression and a survey of the life of Dostoevsky confirms this for her.

TIMESTAMP 1/19/2007 00:09 (midnight) 142 guests on g.b.c
and a few minutes later, it drops down to 20.
Are these guests autobots? Triggered at midnight?

I discovered a long essay about the elements of Dostoevsky that can be found in the novels of Kurt Vonnegut. I feel more like a character in one of Vonnegut's or Dostoevsky's novels. There is so much to read on the Internet that I can't wrap my mind around it all.

From g.b.o → Dodging the IW

Discipline is something original and horrible
Discipline is the distinctive diabolical modern
mode of control. Work makes a mockery of
freedom. (Do you hear me Nati? Sam? O)

Work kills dreams. You find the same sort
of hierarchy and discipline in an office or
factory as you do in a prison or monastery.

Those who accept this mode of control are
victims of mass hypnosis. Their obedience
training at work carries over into the families
they start, which reproduces this system.

Work is tied in with the idea of "earning" ...
it is the idea of "property" that produces
slavery. In order to keep the masses
from straying from their confines, the pharaohs
have military forces which also
allow them to enjoy their property
undisturbed by the dispossessed, invaded,
and conquered.

Controlling the general population has always been a dominant concern of power and ~~privilege~~ privilege. Huge industries are devoted to the control of opinion and attitude.

The less people work, the better for the earth. Few people would admit that their wealth-ways values and excessive drive for success contribute to serious environmental pollution.

§

If war is business and business is war, profits is the primary goal to which all else is subordinated. Nevermind the contents of our minds! Nevermind what we say or what we write.

We write in the dark...

Looking for "psychological truth".

Joseph Campbell describes how story-telling and myths reveal psychological truth.

Campbell was a student of Carl Jung.

"Archetypes" constantly occur in the dreams of all people and the myths of all cultures.

Myths are always psychologically true.

Myths are real. We were really banished from the Garden of Eden — on a psychological level, myths are real.

And this world does reject us and abuse us and crucify us and demean us and dehumanize us and colonize us.

Christ, Hitler, Mohammed, and Buddha all understood certain PRINCIPLES and applied these principles to influence millions.